

Volume 28, No. 7, July 1996

C630.5/C293

"Streamside"  
in Asheboro  
page 12

# CAROLINA COUNTRY

Official publication of Carolina Electric Cooperatives

Inside: A Consumer's Guide to  
Electric Utilities in North Carolina

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# What Would You Do With An Extra \$3,600 to \$12,000 per year?

**How to Get a Fast Mortgage Loan To Pay Off All Your Bills\*\***  
(Even If You've Been Turned Down By A Bank Or Mortgage Company)

Rockingham, N.C. - Ray and Becky were frustrated. They'd bought the house 12 years ago and it was five years old when they moved in. Becky laughed out loud when she thought back to that time. Back then it seemed so big and beautiful. But now, 12 years and 3 kids later, the house felt small and run down. The house needed a new roof and her two youngest girls, Emily and Katie, were doubling up in the small 10 x 12 bedroom.

Five years ago, Ray and Becky had a contractor come and talk to them about a new addition. Becky remembered how excited she and Ray both were. They even paid to have the plans drawn up. But that was the year before Ray lost his job at the plant. She poured herself another cup of coffee and recalled how depressed they both were. It was over a year before he got another job. And during that time, they got behind on everything.

## No Summer Vacation

They were so strapped for money one summer, they couldn't even take Emily and Katie to the beach for a few days for their annual vacation. Sure they finally got all caught up when Ray went back to work, it took them two years and by that time it had ruined their previously perfect credit record, it was a vicious cycle. You know, getting paid on Friday, sitting down on Saturday to pay bills and running out of money before all the bills are paid.

## "I Hit A Brick Wall"

After they got caught up they tried again to borrow the money for the addition. First they got turned down by the local bank, then a mortgage company in town rejected them. They just kept hitting the same brick wall. Even though Ray had gone back to work in another carpet mill making MORE money, the late payments that showed up on his credit reports scared the local banks and mortgage companies away. Ray felt like he was working JUST to pay his monthly bills and doing nothing for himself, Becky or the kids. Then he ran into Harvest Mortgage Company. Harvest helped him get a loan to pay off all his bills and consolidate everything into one single payment that was \$358 lower than he had been making. That saved him a whopping \$4,296 per year, TAX FREE. In the first year, that was enough money to close in the back porch, AND enough left over for new bikes for the kids.

## Home Equity is the Key



**Carole Eskew, Sr., V.P.**

"If you have a minimum of 20% equity or more, there's a good chance we can help you save a lot of money every month by combining old bills and your old mortgage into one new and much lower payment. Or, we can help you get cash out of your home to buy a vacation home, start a business, whatever."

Compare your budget to this:

Amt.	Owed	Payment
\$12,000	2nd Mortgage	\$200 <sup>00</sup>
8,500	Auto Loan	375 <sup>00</sup>
2,000	VISA	100 <sup>00</sup>
2,000	MasterCard	100 <sup>00</sup>

**\$25,000 Current Payment \$775<sup>00</sup>**

**-After Harvest Mortgage -**

New Payment: \$187<sup>82</sup>/mo.

APR 9.077% / 30 yr. term

**You Save: \$587<sup>18</sup>/mo., \$7,046.16/yr.**

*\* Rates subject to change*

"I couldn't believe it. We closed our loan 9 days after the first day I talked to them on the phone."

*Debbie C., Dallas*

"We ended up paying off all our bills and rolling them all into one single payment. After we did, our total monthly payments dropped by almost \$400 per month."

*Billy and Judy., Columbus*

"Thanks to you and your great company, we feel reborn. Words can not express the relief we feel. We are so glad this battle with the bills is almost over."

*James and Laurie C.*

## Recent Loans Include:

- A \$45,000 loan to a borrower in bankruptcy.
- A \$100,000 loan to a borrower who couldn't verify income through tax returns.
- A \$95,000 bill-consolidation loan that saved the borrower over \$8,100 per year and a whopping \$124,000 over the loan period.

*(No singlewides, please)*

## No Ivory Towers

"When you apply for a loan at Harvest Mortgage, your loan request is reviewed and decided upon by the people right in our office," said a Harvest executive. He added, "Since we are direct lenders, we don't send the information to some guys off somewhere in New York or California. We review and approve loans here in town locally."

## Fast Approval and Closing

That means we can get your loan closed in a matter of days, and you never have to go to your living room until you're ready to close.

## Loan For Purchase or Refinance

Harvest Mortgage officials report that whether you are buying, refinancing a house, just looking to consolidate some bills, get cash out of your property, they have created a program to give you the money you're looking for.

Different loan programs include:

- Loans to Borrowers with good credit. These are available for purchasing a home or refinancing.
- Loans to borrowers with a lot of equity. Homeowners who have slow credit or even been bankrupt.
- Cash out loans for investment property. A lot of equity.
- Loans for borrowers who want to do additions or remodel their homes.

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To see how much money you may be able to get and exactly how much your payments will be, you can check it out by just picking up the phone and calling us. Be sure to ask for Carolyn. **1-800-972-LEND (5363)**. Or for a **FREE** information on **HOW Harvest Mortgage** can work for you, call toll-free **1-888-697-LOAN (5626)** for a 24-hour recorded message. All of this doesn't cost you anything, so you owe it to yourself. Don't put this off any longer. Do it now while you're thinking about it! You have nothing to lose and everything to gain. Call Now.

**Harvest Mortgage Company**  
**Mortgage Bankers**

North Carolina Residential Mortgage License  
\*\*Subject to Qualification

**1-800-972-LEND (5363)**



## CAROLINA COUNTRY

(ISSN 0008-6746)

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than 350,000 homes

Volume 28, No. 7, July 1996



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Carolina Electric Cooperatives is the network of electric cooperative organizations that provides reliable, safe and affordable electric service to 650,000 homes, farms and businesses in North Carolina. At the heart of Carolina Electric Cooperatives are the state's 28 electric cooperatives, each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

**Manager, Corporate Communications**  
Jay Johnson, ext. 306

**Editor**  
Michael E.C. Gery, ext. 367

**Special Projects Editor**  
Owen Bishop, ext. 316

**Business/Advertising Manager**  
Monica Russell, ext. 310

**Graphic Designer/Artist**  
Katherine Fowler, ext. 317

**Staff Writer**  
Kim Whorton, ext. 308

**Advertising Sales**  
Jennifer Boedart Hoey, ext. 307

**Subscriptions**  
Jenny Lloyd, ext. 291



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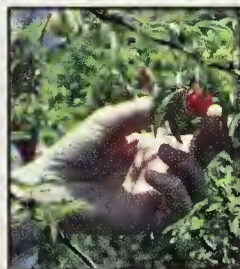
# CAROLINA COUNTRY

## FEATURES

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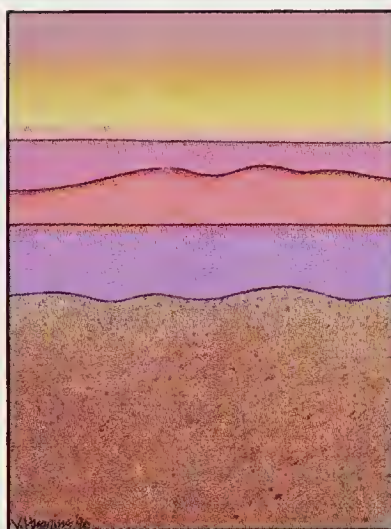
Finally, a basic explanation of how North Carolina's electric utilities differ from one another. With a coded reference map of their service areas.

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"Streamside" opens at the N.C. Zoo . . .

A Sanford theater group goes to the Olympics . . .  
How to make plum jelly.



### On the Cover

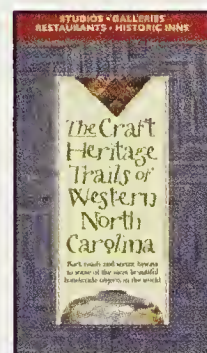
"Harkers Island," by Vic Huggins, 1996. An acrylic canvas collage (15 by 12 inches), courtesy of Somerhill Gallery, Chapel Hill. Vic Huggins, a Chapel Hill native, retired recently as head of the art department at Virginia Polytechnic Institute in Blacksburg, Va. Known for paintings of mountain vistas, he shifted his attention to North Carolina coastal scenes in the series that includes "Harkers Island." His work has been featured in many one-person shows, including four at Somerhill Gallery (phone 919-968-8868).

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Fried Ice Cream.



# Letters and Comments



## What Do You Think?

Mail: P.O. Box 27306  
Raleigh, NC 27611  
Phone: (800) 662-8835, ext. 367  
Fax: (919) 878-3970  
E-mail: 75471.2247  
@compuserve.com

## May go all electric

After reading the James Dulley column on high-efficiency electric heat pumps ["Making Cents of Your Electric Bill," June 1996], I began to wonder if it would make sense for us to change our home heating system from natural gas to electric. Is this possible? Is it expensive to make this change? Would the switch to electricity pay for itself?

Incidentally, thanks to an article in Carolina Country ["Electric Alternatives," May 1994], I purchased an electric lawn mower, and I'm extremely pleased with its performance, economy, and unbelievably low decibel level.

**Walter Pitsenbarger**  
Wake County

*Our technical advisers suggest that you contact your electric cooperative and ask about having an energy audit performed at your house. Analyzing the efficiency of the systems you have will help you determine the economic advantages of switching to all-electric heating and cooling.*

## What's all this clabber?

It all started in February when we published Regina Hill's family method for making butter from whole milk. She referred to the "buttermilk" that forms after you let separated cream stand a while and curdle.

Mary Cole of Cashiers wrote to say that she always knew that liquid as "clabber," and that buttermilk is what's left after you've churned the liquid to butter. Arthur T. Ray of Boone wrote to state the same distinction, but he differed with Mary Cole by saying you don't churn clabber, but you churn cream. He said, "Clabber is soured milk that has curdled and is used to make cottage cheese," and that his brother concurred.

Then our phones began ringing. Minnie Lineberry in Lexington said that when she lived on the farm at Reeds Crossroads, she would churn sweet cream "before it clabbered" to make sweet butter, and that once it clabbers you can still churn it to butter.

James D. Oliver in Matthews more or less agreed with Minnie Lineberry. "It must clabber before it's churned," he said. "And I've churned plenty of them. It clabbers to a different stage to make cottage cheese."

And then more letters came in.

Well, we figure they all know what they're doing when they're doing it, no matter what they call it. —MG

My mother made clabber and used it to make the best biscuits you've ever eaten. The cow was milked and milk was put in the ice box (before rural electric cooperatives) for the cream to rise. The cream was skimmed off and put in a half-gallon jar (before we owned a churn) and we shook it to make butter. The biscuits were made with clabber, hog lard and Mother's Silk flour and cooked in a Home Comfort wood stove.

**Dollie P. Townsend, Seven Springs**

First you have to take milk as it comes from a cow. Put it in a churn in a warm place. Let the cream come to the top, and the milk will clabber. Then it is ready to churn. The milk left after the churning will be buttermilk. You can use a hand dasher (a round piece of wood about 28 inches long with a cross of wood on the bottom), but believe me, an electric churn is much easier on your arms. I've been with the rural electric co-op since it first came through.

**Pat P. Price, Monroe**

I have been reading the letters concerning buttermilk, and I just could not let what I have read go without writing what my grandmother, my mother, my mother-in-law and I always did to make butter and buttermilk.

If we wanted to make cottage cheese, we would either remove the cream from cold milk and then let the milk "clabber," or let the milk "clabber" then remove the sour cream and beat it until it was butter.

If we wanted butter and buttermilk, we would let the milk "turn" or "clabber" in a warm place, then we would churn this until butter granules came to the top and gathered together. We would then remove the butter with a spoon, and what was left was the "best buttermilk" ever made.

**Mrs. H.M. Barker, Milton**

I grew up on a farm home in western North Carolina, and I grew up with "Mama's churn." Her churn, a stone jar with a wooden lid and dasher, sits proudly in my den today.

It was a daily chore in most farm homes to "churn," thereby making fresh butter and buttermilk for the family to enjoy. What was churned? Clabber! Not the thin skimmed milk that soon turns to a watery liquid called whey. It was whole milk that had been set aside and allowed to clabber (not sour). When this milk was churned, the butter which came from the cream that was still in the whole clabbered milk would separate from the milk and float to the top of the churn. The butter was then dropped off with a spoon. The liquid left in the churn was pure buttermilk.

Now there were various types of churns and various ways of churning the milk. It was a matter of stirring or shaking the milk until the butter separated. Some even allowed the cream to come to the top of the milk while still sweet, dip it off and stir only the cream. This method did not give the amount of buttermilk that so many people wanted.

Buttermilk and corn bread may sound like "common eating," but to a lot of folks a glass of cold buttermilk and a piece of good country cornbread makes mighty fine eating.

I may add that making good butter is an art, just as making a good cake. The milk has to be prepared and handled with care. Modern progress, for the most part, has taken the churn out of the home and into the antique shop. But we can churn clabber.

**M.W. Harris, Elizabeth City**



## Central EMC fans

Enjoy your fine magazine and all the support you give your readers. I pass them on to friends. You have been most kind to our ladies group at Antioch Christian Church [publishers of the "Seasoned With Love" cookbook]. We are served by Central Electric Membership (Sanford) and not Randolph EMC as indicated in your May issue. I'm sure Randolph EMC is a fine co-op, but we do not wish to take away from CEMC!

*Frances O. Johnson, Bear Creek*

## Stark reality

Congratulations to Carolina Country on its 50th Anniversary Edition [June 1996]. I enjoyed reading "The Back Pages." It's hard to believe that the rural electric movement has come so far in North Carolina, and indeed the entire country. There have been many changes over the years, none more stark than the look of the young editor Bishop in 1976.

*William H. Plunkett Jr., Raleigh*

## Due respects

For many years I have read the Carolina Country magazine. It is so informative, interesting, historical, up to date and just plain good to live by. It is the best magazine I read regularly. My parents, who are 84 and 85, have always had high respect for our magazine. I just thought it was past due to write a thank you. Please continue the same format and great cover pictures, too.

As a teacher, I appreciate the Bright Ideas hints that you make possible for schools.

*Brenda Smith, Roseboro,  
South River EMC*

## ookin'

There are so many things in your magazine that I like and try, I am ashamed I didn't write before. I use the "World's Best Pasta" recipe ["Country Kitchen," January 1995], and I like it very much. I like it so well that I cook most all my tough cuts of meat that way. I just fix it up like the recipe says (I do cover mine), put it in the oven and go to bed. I cook on 225°.

*Ruth Perry, Warrenton*

## Haywood County visitor information

Here are telephone numbers for travel information in Haywood County. We listed one in May.

Haywood County Tourism Development Authority: (800) 334-9036.

Greater Haywood County Chamber of Commerce: (704) 456-3021.

Balsam Welcome Center: (704) 452-7307.

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# NEED TO PAY OFF BILLS?

## Just in Time for Summer

- Consolidate bills
- Home Improvements
- Refinance to lower payments
- New Car

## How Does Your Situation Compare?

### YOUR PAYMENTS NOW:\*

<u>Bill</u>	<u>Balance</u>	<u>Payment</u>
2nd Mortgage	\$14,500	\$255.00
Auto Loan	\$ 7,500	\$310.00
Mastercard	\$1,500	\$ 85.00
Visa	\$1,500	\$ 75.00
<b>TOTAL</b>	<b>\$25,000</b>	<b>\$725.00</b>

### YOUR PAYMENTS WITH A BILL CONSOLIDATION LOAN FROM THE MORTGAGE OUTLET:\*

<u>Bill</u>	<u>Balance</u>	<u>Payment</u>
Consolidation Loan	\$25,000	<b>\$268.50</b>

**YOU SAVE:**    \$ 456.50/ month  
                         \$5,478.00/ year

## How MUCH Do YOU NEED?

(Larger and Smaller Loans Available)

<u>Balance</u>	<u>Payment</u>	<u>Balance</u>	<u>Payment</u>
\$25,000	\$268.50	\$45,000	\$483.24
\$35,000	\$375.84	\$55,000	\$590.64

\* All payments based on 180  
mo. rate 9.99% / 10.89apr,  
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- Self-employed



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# To Protect A Way Of Life, Mr. Hudson's Class Needed \$500. It Was A Small Price To Pay.

Generations of North Carolinians have made a living by working the waters off North Carolina's coast. To shrimpers, oyster farmers, and fishermen, it's more than a way of life. It's their heritage. But it's becoming increasingly endangered as the marine population decreases.

Ed Hudson, a Dixon High School science teacher in the coastal town of Holly Ridge, wanted to change that by teaching students the latest oyster farming techniques. Then he had a bright idea.

He applied for a grant offered by Carolina Electric Cooperatives.

"Bright Ideas" is an educational assistance program supporting creative teaching techniques. It encourages students to expand their knowledge, while improving the communities in which they live.

For Ed Hudson, the grant meant having the resources to teach new environmental management techniques. To his students, it meant a chance to learn them. To us, it meant giving our children the tools they need to save a cherished way of life and make North Carolina a better place to live.



**CAROLINA Electric  
Cooperatives<sup>SM</sup>**

For more information on the Bright Ideas Program, contact your local Electric Cooperative or call 1-800-662-8835, ext. 299.

Bright Ideas applications for the 1996-1997 school year must be postmarked by September 27, 1996.



# A Consumer's Guide to Electric Utilities in North Carolina

**D**o you know how many electric utilities serve North Carolina today?

You may be tempted to answer "one," because you may know only the utility that serves your home.

But there are more than 100 separately organized electric utilities serving North Carolina's consumers. Depending on where you live or work in North Carolina, you could receive electric

service from Piedmont Electric Membership Corporation, Tideland Electric Membership Corporation, Duke Power, your city government, or some other utility operating in the state. Each utility covers a designated area.

Why is this? What makes these providers of electric power different from each other?

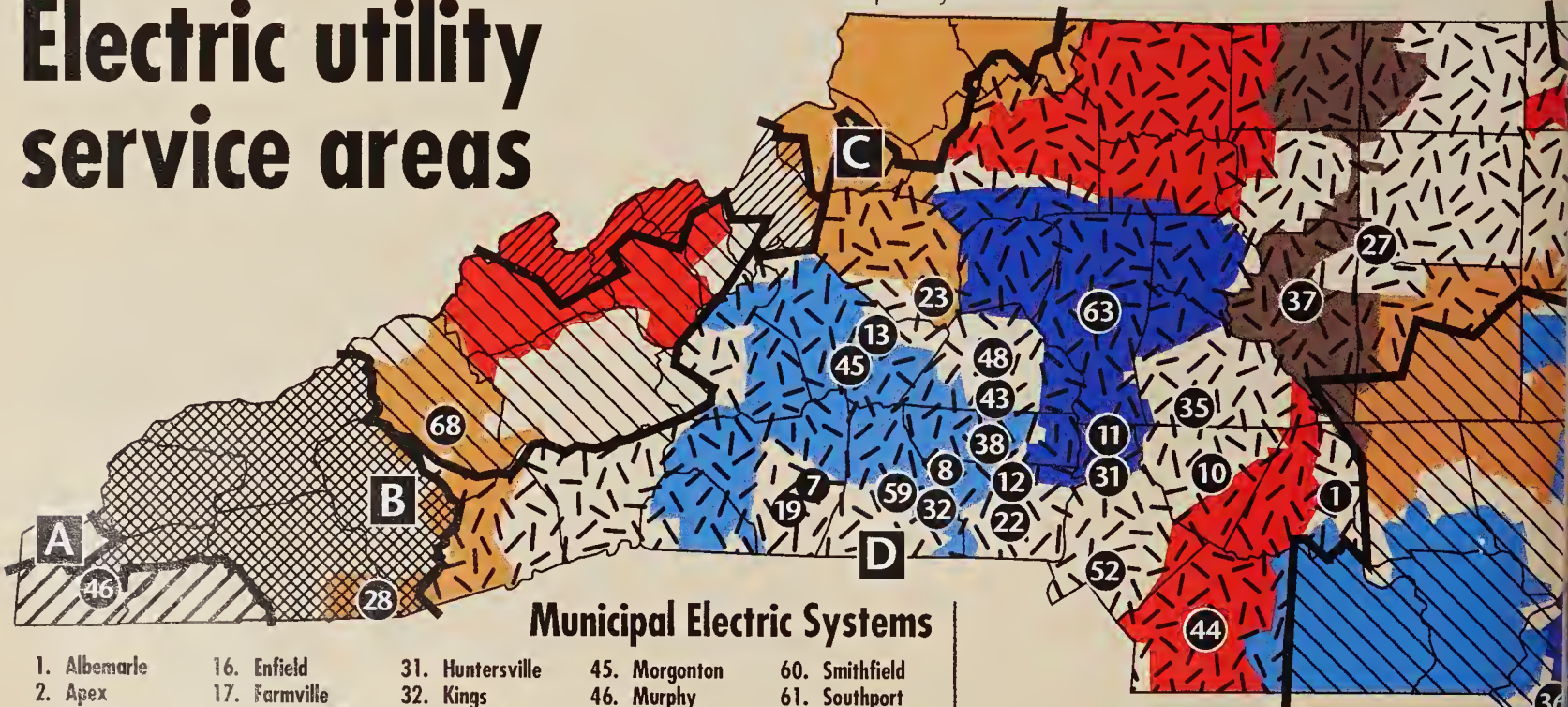
If you can't tell the players without a program, this guide may help you.

In North Carolina, there are three types of electric power distributors:

- *investor-owned electric utilities*
- *consumer-owned electric cooperatives*
- *taxpayer-owned municipal electric systems*

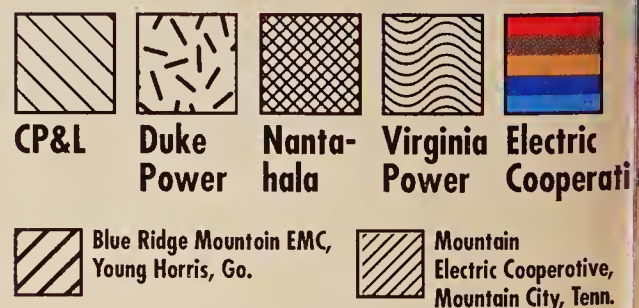
## Electric utility service areas

Graphics by Katherine Fowler



### Municipal Electric Systems

- |                    |                   |                  |                   |                  |
|--------------------|-------------------|------------------|-------------------|------------------|
| 1. Albemarle       | 16. Enfield       | 31. Huntersville | 45. Morganton     | 60. Smithfield   |
| 2. Apex            | 17. Farmville     | 32. Kings        | 46. Murphy        | 61. Southport    |
| 3. Ayden           | 18. Fayetteville  | 33. Mountain     | 47. New Bern      | 62. Stantonsburg |
| 4. Belhaven        | 19. Forest City   | 34. Kinston      | 48. Newton        | 63. Statesville  |
| 5. Benson          | 20. Fountain      | 35. LaGrange     | 49. Oak City      | 64. Tarboro      |
| 6. Black Creek     | 21. Fremont       | 36. Landis       | 50. Pikeville     | 65. Wake Forest  |
| 7. Bostic          | 22. Gastonia      | 37. Laurinburg   | 51. Pinetops      | 66. Wolstonburg  |
| 8. Cherryville     | 23. Granite Falls | 38. Lexington    | 52. Pineville     | 67. Washington   |
| 9. Clayton         | 24. Greenville    | 39. Lincolnnton  | 53. Red Springs   | 68. Woynesville  |
| 10. Concord        | 25. Hamilton      | 40. Louisburg    | 54. Robersonville | 69. Wilson       |
| 11. Cornelius      | 26. Heriford      | 41. Lucama       | 55. Rocky Mount   | 70. Windsor      |
| 12. Dallas         | 27. High Point    | 42. Lumberton    | 56. Scotlond Neck | 71. Winterville  |
| 13. Drexel         | 28. Highlands     | 43. Macclesfield | 57. Selma         |                  |
| 14. Edenton        | 29. Hobgood       | 44. Maiden       | 58. Sharpsburg    |                  |
| 15. Elizobeth City | 30. Hookerton     | 45. Monroe       | 59. Shelby        |                  |





## Investor-owned electric utilities

- Carolina Power & Light**  
 ■ Headquartered in Raleigh  
 ■ Approximately 900,000 customers  
 ■ Generates electric power using coal-fired, nuclear and hydroelectric facilities at 24 different plants
- Duke Power**  
 ■ Headquartered in Charlotte  
 ■ Approximately 1.3 million customers  
 ■ 6th largest investor-owned electric utility in U.S.  
 ■ Generates electric power using coal-fired, nuclear and hydroelectric facilities at 39 different plants

- Nantahala Power & Light Company**  
 ■ Headquartered in Franklin  
 ■ Wholly owned subsidiary of Duke Power since 1988  
 ■ Approximately 52,000 customers  
 ■ Generates electric power at 11 hydroelectric facilities
- Virginia Electric & Power Company**  
 ■ Headquartered in Richmond  
 ■ Operates in northeastern North Carolina as North Carolina Power  
 ■ Approximately 96,000 N.C. customers  
 ■ Generates electric power using coal-fired, oil-fired, nuclear and hydroelectric facilities at 17 different plants

## Small transmission and distribution utilities

- C** New River Light and Power is a subsidiary of Appalachian State University in Boone, and serves the university and the city of Boone.
- B** Western Carolina University is a utility that serves the university in Cullowhee
- F** Shipyard Power and Light in New Bern supplies electric service to 150 boat slips

## Electric cooperatives

- Owned and governed by their members  
 ■ Approximately 700,000 North Carolina homes, farms and businesses served by cooperatives (also known as electric membership corporations or EMCs)  
 ■ 5 co-ops based in Virginia, Tennessee, Georgia and South Carolina serve border areas in N.C.
- 28 co-ops headquartered in North Carolina  
 ■ 27 co-ops belong to the North Carolina Electric Membership Corporation, a generation and transmission cooperative that supplies its members with power primarily purchased from other utilities. NCEMC is the largest buyer of wholesale electric power in the nation and also owns a partial interest in the Catawba Nuclear Station in York County, S.C. and two diesel-powered generating facilities in Buxton and Ocracoke
- All 28 N.C. co-ops belong to the North Carolina Association of Electric Cooperatives, a trade association that performs services statewide, including publishing Carolina Country magazine

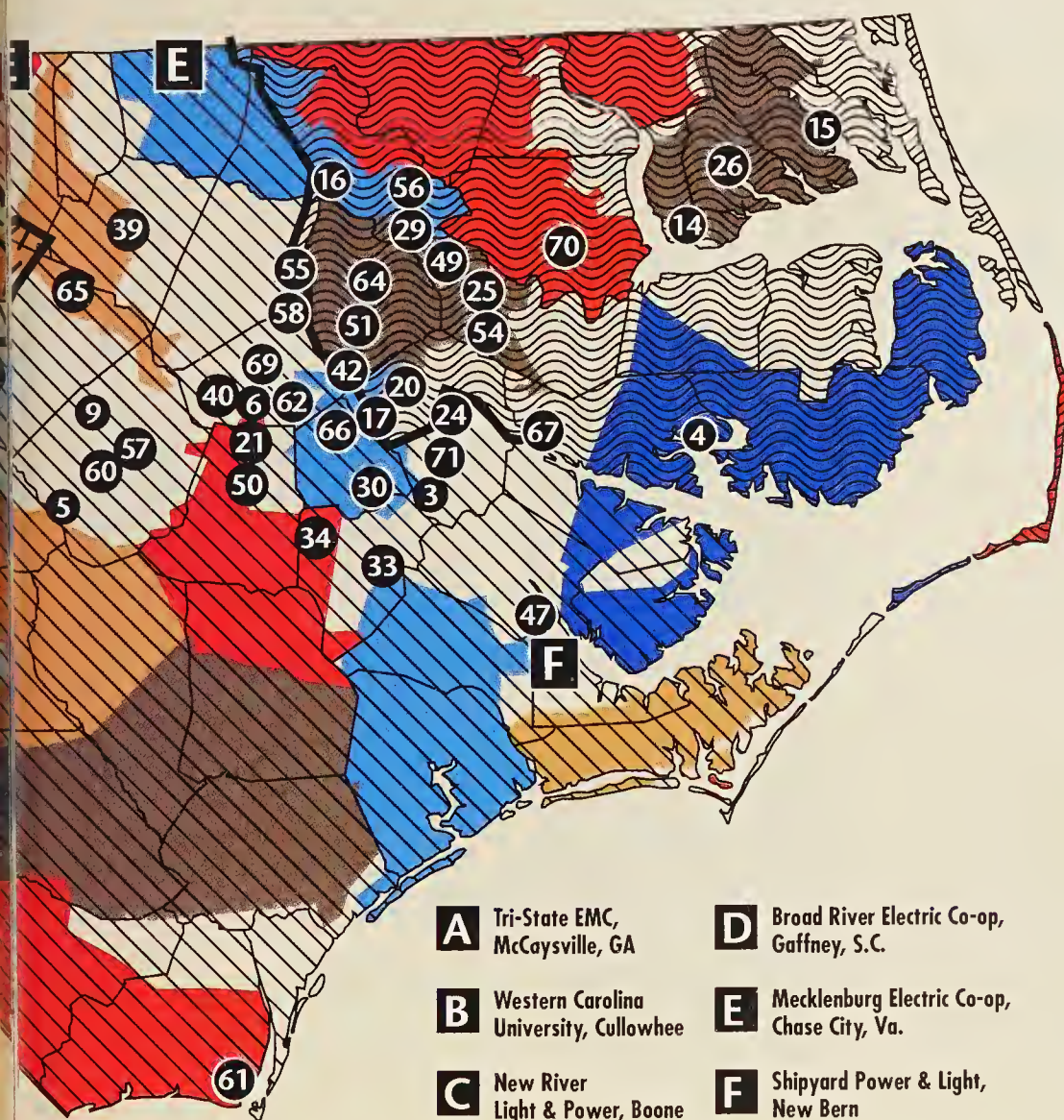
## City governments

- 71 municipally owned electric systems serve approximately 350,000 North Carolina households and businesses.  
 ■ 68 of these systems are members of Electricities of North Carolina, an umbrella organization that manages two power agencies supplying wholesale electricity directly to 51 Electricities members and indirectly to another nine members. These power agencies are North Carolina Municipal Power Agency Number 1, which has a partial interest in the Catawba Nuclear Station, and North Carolina Eastern Municipal Power Agency, which has partial interests in CP&L's Mayo and Roxboro fossil steam plants and Brunswick and Harris nuclear plants.  
 ■ A portion of the electric power for these municipally owned systems is purchased wholesale from investor-owned utilities.

## An Evolving Business

The source from which individual customers receive their electric power is determined by where they live. In the early days of electrification, power generally was available only in larger communities, where power companies could be assured of turning a profit. In the 1930s and '40s, rural residents formed electric cooperatives that they could own and manage themselves to bring electricity to more sparsely populated regions.

*continued on next page*





After World War II, growth in North Carolina's towns and cities began spilling over into these formerly rural areas. In 1965, the North Carolina Utilities Commission (an agency of state government formed in 1891) brought together investor-owned utilities and cooperatives in order to define and assign service areas. This division of service areas still stands today, although with some modifications, says Dennis Nightingale, director of the electric division of the North Carolina Utilities Commission Public Staff.

"Different types of utilities might swap service areas or specific customers if it's more feasible for one of them to serve that need than it is for another," he explains. "For instance, there has been a case of customers transferred to a neighboring supplier because they were cut off from their normal service area by highway construction."

The North Carolina Utilities Commission has jurisdiction over the licensing of new generating plants operated by all electric utilities and over the construction of new electric transmission facilities that are 161 kilovolts and above in size.

Investor-owned utilities such as Duke and CP&L operate within the jurisdiction of the North Carolina Utilities Commission, which oversees their rates and service practices. Cooperatives and municipal electric

systems are regulated by their own governing bodies.

"The self-regulating nature of EMCs and municipal systems provides a means of protection for consumers," says Nightingale. "Electric cooperatives are owned by their customers, who elect a board that runs the co-op and sets rates. If customers don't see those rates as competitive or think the co-op is being run inefficiently, they can vote the board out of office. Similarly, municipal systems are run by town boards and town managers, who are subject to the voters."

Cooperatives pay all the taxes that investor-owned utilities pay, except income tax, because cooperatives are not-for-profit organizations.


The North Carolina Rural Electrification Authority, whose five members are appointed by the governor, reviews the cooperatives' federal loan applications and serves as mediator in consumer complaint cases.

Since 1993, NCEMC (the generation and transmission cooperative for most of the state's electric co-ops) has participated in the N.C. Utilities Commission's Least Cost Integrated Resource Planning process.

Adopted in 1987, LCIRP is used to identify all electric power resources that will deliver adequate, reliable service for the least cost to ratepayers. It considers both supply-side resources, such as new generating plants,

and demand-side options, such as conservation and load management.

"Including NCEMC in this process helps us to prevent unnecessary duplication of generating facilities," Nightingale says. "In this way, ratepayers avoid having to pay the fixed costs associated with excess capacity and get a reliable supply of power for the best possible price. That's our goal for the citizens of North Carolina."

Of the major industries serving American consumers, the electric utility industry has the unusual distinction of serving distribution areas exclusively and remains under substantial government regulation. Other major industries—for example telephone service, airlines and trucking companies—once had exclusive rights, too, but they have been "deregulated" to some extent in recent years. Some state and federal rules about electric service likewise have been eased recently, allowing utilities more flexibility to buy power on the wholesale market, for example. But a clear picture of how the regulations will change nationally and in North Carolina has not yet emerged from the drawing board. 

*Written by Michael E.C. Gery and Jane Hairston Romani. Thanks to Tom Austin, James Lee Burney and Chris Heagarty.*

*Next month: How cooperatives are involved in their communities.*

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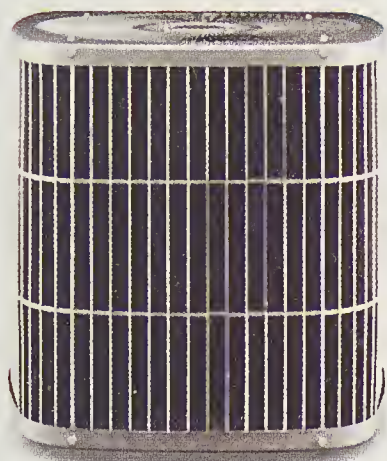


## Electric Peach Ice Cream

- 6 to 8 large peaches, peeled and sliced (about 7 cups)
- 3 cups milk, divided
- 2 large eggs, lightly beaten
- 1 (12 oz.) can evaporated milk
- 2 1/2 cups sugar
- 1 (12 oz.) can peach nectar

*Combine half of peaches and 1/4 cup milk in blender. Process until smooth. Transfer to a medium bowl, and repeat procedure with remaining peaches and 1/4 cup milk. Set aside. Combine remaining 2 1/2 cups milk and next 3 ingredients. Cook over medium heat 8 minutes, stirring occasionally. Remove from heat, stir in peach mixture and nectar. Pour into container of 1-qt. electric freezer. Freeze according to manufacturer's instructions. Yield: 1 gallon.*

# If this doesn't cool you off the new heat pump will.



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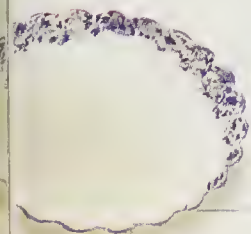
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# The new zoo exhibit shows North Carolina's streamsides

**R**iver otters, bobcats, songbirds, snakes, frogs, fish, turtles, salamanders and numerous native plants are among the wildlife that is featured in the new Streamside exhibit complex at the North Carolina Zoological Park near Asheboro.

The indoor and outdoor Streamside exhibit complex has a tank system that contains more than 27,000 gallons of water. Indoor exhibit tanks with viewing windows provide the illusion of a cross-section of a composite of a flowing stream as it flows from the state's mountains through its coastal plain. Streamside will be the most North Carolina-oriented of all the Zoo's exhibits. Included in the exhibit is an interpretive gallery, with video and other illustrative and interactive components, that enriches the exhibit's informational content and visitors' appreciation of the State's streams.

Randolph Electric Membership Corporation worked closely with zoo staff to build Streamside. Since its inception, the zoo has required special attention from the electric cooperative for its unusual electric service requirements. In addition to providing the transformers and primary

distribution to Streamside, Randolph EMC and the zoo have planned for a "mega generator" that will allow the zoo to generate its own electricity during times of peak power demand and to serve as an emergency back-up system.



*River otters in the Streamside exhibit.*

Streamside is located in the zoo's North American continental region (the other region is Africa), between the RJR Nabisco/Rocky Coast exhibit—with its polar bears, seals sea lions, Arctic foxes and seabirds — and the black bear exhibit. The zoo's North American and African regions now cover more than 500 acres and contain more than five miles of trails that tra-

verse the hilly terrain of the natural site on the edge of the ancient Uwharrie mountain range.

The zoo is recognized as one of the world's finest and largest walk-through natural habitat zoos. Its exhibits have

received numerous honors, including the only outstanding landscape award ever received by a zoo from the American Association of Botanical Gardens and Arboreturns (for its Sonora Desert exhibit).

The North Carolina Zoological Park is open every day except Christmas Day from 9 a.m. until 5 p.m. Admission is \$8 for adults and \$5 for children (ages 2-12) and senior citizens (age 62+). The zoo is a program of the N.C. Department of Environment, Health and Natural Resources. For more

information, call (800) 488-0444.

Family memberships are available through the N.C. Aquarium Society. They cost \$39 per year and provide free admission for a family to the zoo, all North Carolina state aquariums and many zoos and aquariums nationwide, as well as other benefits. Call (800) 832-FISH.

—Gordon Clark

## "Frog Level, N.C." goes to the Olympics

**T**he unwritten rule in selecting the entertainment for the Olympic crowds of over 300,000 American and foreign tourists is: If it's not international, it had better be Southern.

A North Carolina musical theater production, "Pump Boys and Dinettes," will be one of the side shows that visitors to Atlanta can see this month. Set in the fictional town of Frog Level, N.C., the show highlights the lives of two "dinettes" and their "pump boys" from the local gas station. It has the feel of small town life, while also emphasizing all the colorful Southern themes such as identity in story telling, honesty, and above all, humor.

Productions of "Pump Boys" have been huge money makers on Broadway, Chicago and across Europe. However, the cast chosen for the most prestigious performance to date, the Olympic Games, is the North Carolina troop from the Temple Theater of Sanford. In the heat of the Georgia summer, the whirlwind show requires each performer to play at least two musical instruments, act, dance and "play to the audience" in bizarre antics such as "the raffle for air fresheners."

Andrea Powell, a "dinette" from Chapel Hill, says that the Olympic crowd will be coming a long way to see only the best of the best." She says the performers plan to act both on and off stage as "ambassadors of the South."

—Savannah Hall



*The Temple Theater cast of "Pump Boys and Dinettes."*



# Stalking wild plums, and making them into jam

**W**here jams and jellies are concerned, plums are a peach of a fruit, the apple of any picker's eye. The wild plum is a fickle fruit, ripening any time between late spring and late summer. It comes in a peck of colors, a barrel of shapes, a bushel of sizes. Some are sweet, some tart. And it boasts the highest food value—20 percent carbohydrate content—of any other fruit.

From late May to midsummer, wild plums (*Prunus americana* and other species) are ready to be plucked. Throughout the U.S. there are about 30 varieties of native wild plums. Additional natural hybrids add to the complexity of variation and dilution of "purity." In the Northern Hemisphere there are 2,000 variations of these main varieties.

Where to find plum trees locally?

The little plum trees themselves are commonly found in open spaces and fields, where the fruit is best exposed to sunshine. If you have lived in an area long enough, you may already have a good idea where they are. The best bet for newcomers is to ask the county Cooperative Extension agent. Getting permission from landowners to pick is a good idea.



W.D. Weekes

Some plums are the size of cherries, some the size of golf balls. Wild native types range ½ to 1½ inches in diameter. And skin color is diverse: deep vivid red, glowing orange, bluish crimson, bright red, bright yellow, dark yellow. All are smooth skinned, hard-pitted dupes, with yellow juicy "meat." Shapes may be globate, oval, conical, heartlike.

Ripe plums drop into one's hand at a finger's slightest provocation, and yield an elastic sensation to the squeeze of pinching fingers. Many times, ripened fruits which are still warmed by the sun and yet untouched by the ravages of decay, can be retrieved from the ground. Most of the harvest for jelly should be ripe.

Plums that do not separate easily from the twigs are not fully ripened. However, a few of these

should be included in your harvest to add a tang to your batch, and, more importantly, natural pectin, the substance that makes jellies jell.

While picking plums, exercise caution. The twigs of these scrubby trees are covered with dull pointed thorns. The fruit itself grows singly, not in clusters as do cherries.

—William Weekes

## How to make wild plum jelly and jam

Native wild plums were made into preserves as early as colonial times. They are not important commercially in this country today, but they are tasty nevertheless when homemade.

Six pounds of plums should make four or five pints of crimson jelly or jam. Plums may be kept in the refrigerator for a few

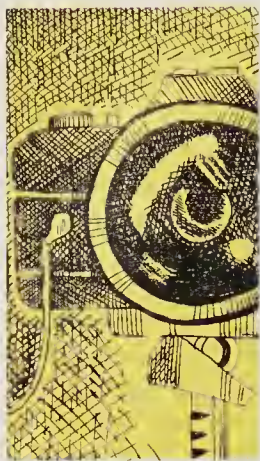
days if a delay in preserving them is necessary. This may occur when there has been a limited daily harvest because of slow ripening of the crop. The delay will enable one to replenish the harvest on subsequent days.

- Wash the plums and place them in a pan with 2 cups of water, then cover with a lid.
- Heat on a stove on "high," stirring occasionally until the mixture boils.
- Stir the mush while the fruit is softening. The process takes no longer than 30 minutes.
- Once "mushified," leave the plum residue to cool, then pour into a jelly bag draped over a colander inserted into another pot.
- Let the plum mush drip through the jelly bag until all the juice has been collected. This may take several hours. You can let it drain overnight. Do not squeeze the plums to get the juice out, or you'll cloud the jelly.
- To ensure jelling, use 1 box of prepared fruit pectin (1¾ dry ounces) for every 6 cups of the cooked plum juice.
- Bring the juice to a boil, then add the pectin.
- Add 7½ cups of sugar and stir the mixture to avoid scorching. Bring it to a boil again, and keep it boiling for a minute before removing the pan from the heat.
- Skim the foam off the top and pour the remaining hot juice into jars.
- Heat your jars beforehand, either by scalding, or by heating them in an oven at 200° F. for about 15 minutes.
- You may prefer to seal the preserves in paraffin, or seal with domed lids according to package directions.



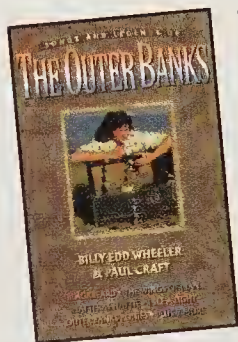
Photos by W.D. Weekes





## Homegrown.

### New songs of the Outer Banks



"Songs & Legends of The Outer Banks" is a new collection of original music inspired by the lure and lore of North Carolina's barrier islands.

Collaborators are songwriters and musicians Billy Edd

Wheeler, Paul Craft, Chet Atkins and Outer Banks radio personality Ken Mann. The songs have a country sound with some folk and pop flavoring. They tell about Outer Banks ponies, Hatteras Hattie, Buffalo City, the Wright Brothers, light-houses, pirates, farmers of the sea, and more.

It is available on CD (\$14.95) and cassette (\$9.95) plus \$2 postage from Kitty Hawk Records, P.O. Box 431, Wanchese, NC 27981. Phone: (919) 473-3024.

### Do you get seasick?

North Carolina Sea Grant has issued a brochure on motion sickness, that feeling of gnawing in your stomach, clammy skin and dizziness that can occur when you're on a boat or otherwise leave solid ground. The brochure explains this common malady and tells how you can cope with it. For a free copy, write N.C. Sea Grant, Box 8605, N.C. State University, Raleigh, NC 27695. Ask for UNC-SG-94-01.

## A complete guide to the craft culture of western N.C.

A new guidebook offers a comprehensive look at the remarkable craft culture of western North Carolina. "The Craft Heritage Trails of Western North Carolina" lists studios, galleries, historic inns and restaurants along seven scenic loop tours that stretch out from the Blue Ridge Parkway.

From the stained glass windows inside the Valdese public library to the Big Meat House of Pottery in Cherokee, authors Jay Fields and Brad Campbell uncover distinct expressions of craft and art that have been passed down through generations.

This 122-page book is more than a simple guide. Fields and Campbell say it is the story of "people whose lives are colored by their art and whose art colors the lives of anyone who comes to know their work."

Developed under the auspices of HandMade in America, an organization dedicated to the nurturance of craft culture and community in western North Carolina, the guidebook is illustrated with fine photography and maps, and enhanced with colorful side stories. It is available for \$13.95 postpaid (state residents add 72 cents for tax) from HandMade in America, 67 N. Market St., Asheville, NC 28801. Phone: (800) 331-4154.



### "Gathering Poppies"

A new pastel painting by Winston-Salem artist Kathryn Leigh Foster shows red poppies in a farm setting modeled after the place in Davidson County where Hickory Tree Road crosses Highway 52. "I could not forget this breath-taking spot," Foster said. "The



French Impressionists would have left France to set their easels up at this location." Although the place did not bloom in poppies this summer, Foster said the sight remains by way of her painting.

The image is 13½ by 19¾ inches. To inquire about prints, contact Kathryn Leigh Foster, 4101 Bethania Station Road, Suite 40, Winston-Salem, NC 27106. Phone: (910) 924-6314.

### Iredell County man releases history of local soldiers

W.N. Wyatt of Taylorsville has published "Iredell County Soldiers in the Civil War," a recounting of the experiences of some of his ancestors during this war. Most of the book's 15 chapters are dedicated to individual N.C. fighting units and the roles they played in the War Between the States. The book contains excerpts from soldiers' letters, unit rosters, accounts of North Carolina battles and a brief history of the war itself. Various pictures, engravings, diagrams and detailed battlefield maps accent the 162-page softcover book. The book is also indexed so that other descendants of Iredell County soldiers can trace their ancestry.

The book is available from the Genealogical Society of Iredell County for \$25 plus \$3 for postage and handling. To order, write: Genealogical Society of North Carolina, PO Box 946, Statesville, NC 28687.



## A push for N.C. public schools

In an effort to reorganize and speed up progress in the state's public school system, the N.C. State Board of Education and N.C. Department of Public Instruction have instituted the "New ABCs of Public Education," focusing on accountability, emphasis on the basics, high educational standards, and local control. This new program is intended to lead to a renewed emphasis on reading, writing and mathematics, less state-required testing, more freedom for successful local schools and bonus funding for schools that achieve at high levels.

Among the steps in place is an accountability program that sets performance standards for students and holds school systems accountable. Systems that do not meet their goals may see a state-appointed caretaker and suspension of tenure for some staff. School systems participating this year include Albemarle, Alleghany, Asheville, Elizabeth City/Pasquotank, Duplin, Halifax, Hixson, McDowell, Bladen and Lincoln.

For more information, contact Public Schools of North Carolina, 301 N. Wilmington St., Raleigh, NC 27601-2825.

## Alliance helps to create efficient manufactured homes

Several electric utilities and the manufactured housing industry recently formed an alliance to help create more energy-efficient homes. The Southeastern Manufactured Housing Alliance's mission is to develop, evaluate and demonstrate energy-efficient methods for use in the design, construction and delivery of manufactured homes. The SMHA's current projects include improving the selection and sizing of high-efficiency heating and cooling equipment, creating financial incentives linked to utilities' energy efficiency programs, and developing methods to improve thermal distribution systems for manufactured homes.

The alliance is run by a board of directors, consisting of representatives from six electric companies including Carolina Electric Cooperatives, five from the manufactured home industry and one consumer representative.

The SHMA is a membership organization and is open to companies doing business in the Southeast.

For more information, contact: Emanuel Levy, Alliance Facilitator, The Levy Partnership, Inc., 220 West 93rd St., 11th Floor, New York, NY 10025, or call (212) 666-7100.

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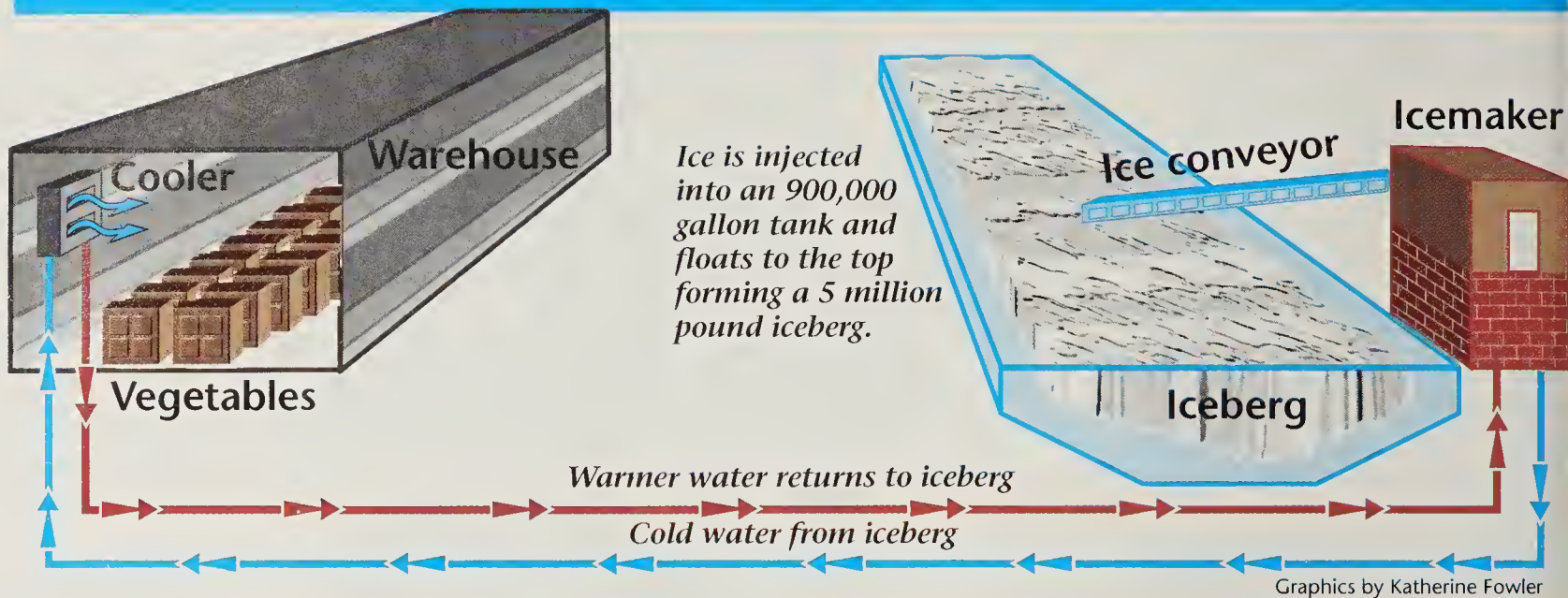
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**T**he farm country of Duplin County may seem like an unlikely place for an iceberg, but there is a big one near Faison.

Southern Produce Distributors makes a 5 million-pound iceberg every year using an innovative technology that brings a new dimension to cold storage.

Southern Produce uses a big ice-making machine to create an iceberg in an underground storage tank. In the summer growing season, the iceberg sends cold air over vegetables stored in nearby warehouses so they will keep longer and ship fresher. In the fall, the waste heat from the icemaker's condenser is used to cure sweet potatoes.

It may seem weird when you think about it, but it works "without a hiccup," says Joe Gregory, director of agri-business development for Carolina Power & Light Co., the electric utility serving Southern Produce. And by using the iceberg technology instead of conventional refrigeration, Southern Produce saves about \$90,000 a year in electric power costs, Gregory says.

The iceberg not only costs much less to operate than conventional refrigeration, but it also has big economic ramifications for the area. By cooling produce, the iceberg effectively lengthens the market season by two to three weeks. And each week is worth about \$1 million to the local economy. The region's fresh produce market is expected to grow even broader when the Global TransPark in nearby Kinston opens for international shipping.

The National Rural Electric Cooperative Association's Rural Electric Research program recently organized a tour of the Faison iceberg to showcase this technology that could benefit farmers and

produce marketers served by electric cooperatives in the Southeast. Among those attending were officials from Tideland Electric Membership Corporation and Hyde County, where a smaller version of the TransPark idea is taking shape.

Southern Produce buys produce from more than 750 area growers. A few years ago, one of their biggest challenges was to cool produce immediately after it was harvested. Removing field heat from

produce vastly increases its shelf life which translates into higher market value.

"You can't ship produce without getting the field heat out," Joe Gregory says.

Produce operations in Florida, Texas, Arizona and California generally use traditional

refrigeration methods that would carry too high a payback price for most North Carolina distributors because the season here is so much shorter — six weeks in this state compared to about 24 or 30 weeks in the states with much longer growing seasons.

In addition to their construction cost, traditional cooling systems would create huge demands for North Carolina electric utilities at all the wrong times: in the heat of the summer and in the hot afternoons when demand for power is highest and the cost the produce electric power the greatest.

As Southern Produce and marketers statewide watched total acreage in produce decline by about 25 percent during the 1980s, they knew they had to do something. North Carolina began losing ground in the fresh produce market to those states that could cool their crops immediately after harvest.

"If you're going to continue in the produce business, you're going to have to cool," Gregory says. "What was happening is along

## COOL way to store produce

By Lynn Pearsall Williams



Waverly Bond (left) of Tideland Electric and Steve Bryan of Hyde County Chamber of Commerce check out the Iceberg's ice.



about the middle of July, things were so hot it just wouldn't carry to markets. They ended up shutting down the auction market."

So Southern Produce worked with utility engineers and the North Carolina Alternative Energy Corporation (supported by the state's electric cooperatives) and developed the design for the iceberg. CP&L holds patents for the design.

The original, \$1 million project involved installation of a 900,000-gallon underground tank, a 10-ton icemaker and heat exchangers. Southern Produce has since added another 185-ton icemaker to augment the other icemaker during high demand periods, when a lot of produce is being cooled.

The heat exchangers use less than a third of the power of conventional cooling units and cost about two-thirds as much to operate electrically. The iceberg has shown savings of 40 percent in electric bills over traditional cooling methods. For CP&L, the system in Faison requires an estimated 60 kilowatts continuous load year-round, as opposed to peak loads of 750 kilowatts for refrigeration.

The coolers are designed to bring 1,400 bushels of produce from 95 degrees to 45 degrees in under five hours. The key is the thermal energy, in the form of ice, stored underground throughout the year. Southern Produce starts the icemakers in September after performing routine maintenance on them in August. By the following June, they'll have about five million pounds stored underground, ready to cool vegetables.

A bonus of the iceberg technology is its ability to cure sweet potatoes in the fall. Curing sweet potatoes requires uniformly warm, humid conditions over a four or five-day period after harvest. Southern Produce sends the warm water that circulates out of the iceberg's condenser into a separate curing room to keep the sweet potato environment consistent.

"Normally, you have a 10-degree difference between the top and bottom of a 20-foot high stack of potatoes," Gregory says. We ended up with no more than a one degree variation anywhere in that stack of potatoes with the forced air system."

The cured sweet potatoes also can be kept in cool storage, thanks to the iceberg, until they are sent to market. That allows Southern Produce to hold its potatoes in good condition well into the winter.

For more information about the iceberg technology, contact the N.C. Alternative Energy Corporation at P.O. Box 12699, Research Triangle Park, NC 27709. (919) 361-0000.

*Lynn Pearsall Williams is a freelance writer in Mt. Olive.*

# UNC research helps in treating alcohol dependency

**T**he numbers tell it all: Alcohol abuse is a huge problem, and it's costing everyone.

In North Carolina, 15 percent of our citizens are responsible for 80 percent of the state's per capita alcohol consumption. An estimated \$2.38 billion of the state's economy in 1991—\$381 for each N.C. resident—was lost to reduced productivity, medical costs, loss of life, crime and motor vehicle crashes caused by alcoholism and alcohol abuse.

These statistics come from work done at the Hargrove "Skipper" Bowles Center for Alcohol Studies at the University of North Carolina at Chapel Hill. The center marked its 25th year in 1995 as an institution that not only studies alcohol problems, but also does something about them.

The national statistics are as sobering as those in this state.

■ An estimated 18 million Americans suffer from alcohol dependence (6 to 8 percent of the general population), but only 10 to 20 percent of them seek help, and nearly half of those treated tend to lapse.

■ About 15 percent of the annual health-care spending nationwide (\$21 billion) is used for treating conditions related to substance abuse, including alcoholism.

■ Between 25 and 40 percent of all general hospital beds are occupied by patients with complications related to alcohol use.

■ Half of all prison inmates suffer from alcohol or other substance abuse.

In the late 1960s, the Bowles Center was only an idea of a place at UNC to conduct clinical research on alcohol and drug dependency. State Senator Hargrove "Skipper" Bowles made it a reality in 1970. During its 25 years, the center suggested to the medical community and society as a whole that alcoholism is a medical affliction and not a "moral disease." Dr. John A. Ewing, the center's founder, created the CAGE questionnaire, now the world standard for identifying alcoholics.

The center pioneered research on drugs used to treat alcohol abuse. Some of this research culminated in the drug

Naltrexone, which recently gained federal Food and Drug Administration approval. Marketed as ReVia, the drug reduces the sensation of pleasure an alcoholic feels while drinking. Alcoholics receiving Naltrexone as part of outpatient care experienced fewer drinking episodes, a lower risk of relapse, and took longer to relapse than patients treated without Naltrexone. The new drug helps users kick their dependency without lengthy stays at treatment centers.

This spring, researchers David Overstreet and Amir Rezvani reported success in experiments with a compound of herbs, primarily the ubiquitous kudzu. Alcoholic rats, treated with the kudzu compound, reduced their craving for alcohol by about half, the researchers report.

The center is dedicated not only to researching alcohol abuse but to educating the public and the medical community. Through workshops held in Chapel

Hill, the Bowles Center informs medical professionals about new research and biomedical advances in treatment.

The Bowles Center is largely supported by state and federal funds, with private donations helping to make up the difference. The center also receives funding from a "DUI Endowment," supported by a \$25 fee the

state charges to reinstate the driver's license of a person convicted of driving under the influence of alcohol. Since the endowment was formed in 1989, over \$3.8 million in fees have been collected, and the center receives the interest.

To make a tax-deductible contribution, make checks payable to: The Medical Foundation of North Carolina, Inc., 880 Airport Road, Chapel Hill, NC 27514. Please note that your check is for the Bowles Center.

For more information on alcohol dependency or for a referral to a treatment center, contact the Alcohol/Drug Council of NC Information and Referral Service at (800)-688-4232.

For more information on Center for Alcohol Studies and its programs, write: Skipper Bowles Center for Alcohol Studies, CB# 7178, UNC-Chapel Hill, Chapel Hill, NC 27599-7178, or call (800) 962-2543.

— Alex Storey





# Bob McDuffie: devoted to electric cooperatives

by Kim Whorton

From climbing a utility pole to climbing the U.S. Capitol steps, Bob McDuffie has covered a lot of ground during his 35 years of service to electric cooperatives and their members.

Recently retired as general manager and executive vice president of Randolph Electric Membership Corporation, McDuffie leaves a legacy of hard work, enthusiasm, confidence, forcefulness and unrivaled appreciation and affection for the rural electric cooperative program.

Bob McDuffie has retired to a setting that fits his personality: a home secluded deep in the woods of Randolph County, overlooking an outbranch of the Uwharrie River. With him are the trophies he's earned as a sportsman over the years: ducks, deer, wild turkeys. There are other signs of pride and accomplishment, too, such as pictures of his sons' championship baseball teams. And somewhere—maybe still unpacked in boxes—there must be stacks of certificates stating appreciation for a man who has made a name for himself nationally as a professional, no-nonsense, competent leader and staunch advocate for rural America.

Born and raised in Randolph County, Bob McDuffie first joined Randolph EMC in Asheboro in 1961 as a member of the line crew.

Soon after he hired McDuffie, the co-op's manager, Alton Wall, asked the new line-man what he wanted to do in the future. Without hesitation, McDuffie replied, "I want your job."

Impressed by the young man's candor and enthusiasm, Wall encouraged McDuffie to continue his education and enabled him to do so while still working for the co-op. McDuffie earned his associate's degree in electronics from Randolph Technical College (now Randolph Community College), and he hasn't forgotten what it meant to have Alton Wall's support.

"I always encouraged our employees to go to school," he says. "I remember how much it meant to me."

After earning his degree, it didn't take long for McDuffie to rise through the coop-

erative ranks. In 1969, he was promoted to operating engineer, in 1974 to manager of engineering services, and in 1977 to general manager and executive vice president.

When McDuffie took the helm at Randolph EMC, the co-op served 7,900 homes and farms. Today the co-op serves about 25,000 members in Randolph, Alamance, Chatham, Montgomery and Moore counties, including the N.C. Zoological Park. Throughout his tenure, McDuffie has found that quality service has been the co-op's greatest advantage.

"You can't be lazy," he says. "Particularly now, in this competitive environment, we

must make certain that we overcome any obstacles which would keep us from serving our members well."

He credits the co-op's employees for consistently giving quality service. "The employees make you," he says. "If you don't have 100 percent support from your employees, it doesn't take long to crack the armor."

McDuffie served on nearly every board and committee for the statewide offices of North Carolina's electric cooperatives, including terms as president and vice president of the North Carolina Electric Membership Corporation, the wholesale power supplier for North Carolina's electric co-ops. He also is known for his accomplishments made on behalf of electric cooperatives on the national level. For the past 10 years, he has represented North Carolina on the National Rural Electric Cooperative Association's board of directors. His work in Washington, D.C. includes serving on com-

mittees that have helped to guide the nation's electric cooperatives into the next century.

Many people in Washington know who Bob McDuffie is. Warren Dunn, director of communications for NRECA, praises McDuffie as "practical and extraordinarily supportive."

"Bob McDuffie inspires people to have confidence in him, and he responds in kind with confidence in others," Dunn said. "He has enormous influence and stature on the national level and will be sorely missed."

He chaired the Procedures Committee of the Rural Utilities Service (formerly the

Rural Electrification Administration) to recommend reforms that would reduce controls while protecting federal interests. Electric cooperative systems were becoming increasingly concerned with RUS's bureaucratic procedures and delays. McDuffie's group became affectionately known as the "Hassle Factor" committee. Mike Ganley, economic and policy analyst for NRECA, said McDuffie "put together a committee unlike any the NRECA staff had ever seen. He and the committee never doubted the importance of

doing the dirty work necessary to update RUS regulations, get rid of nettlesome and outdated requirements, and help RUS to generally improve service to the electric cooperatives. This list of accomplishments is long and it's a credit to [him]."

Kelly Hutchins, former manager of Surry-Yadkin EMC in Dobson, put it best when he said, "The citizens of rural America owe you a deep debt of gratitude."

Today, McDuffie sometimes misses the action that had surrounded him and thinks about getting into the thick of the fray as the electric utility industry enters this new era of competition. But he is confident that the co-ops will continue to improve and grow to serve their members better.

"We need to be there, nationally and locally, when the laws are being written," McDuffie says. "If we make the right moves, the co-ops will come out even better than before."



*In 1990, Bob McDuffie (right) helped Bob Jordan control power costs at the new, all-electric pulpwood chipper in Moore County.*

Duane Salstrand



# Making Cents of Your Electric Bill

by James Dulley



Use them for doorbells and intercoms, too.

# Wireless switches for household lighting

Adding three-way switches (to turn a light on at either end) in a hall or stairway not only lowers your electric bills and bulb replacement costs, but it improves safety.

Installing a wireless three-way switch (TWS) is the simplest method to add one. It uses a transmitter switch at one end of the hall and a receiver switch at the other end. It takes about five minutes to install yourself.

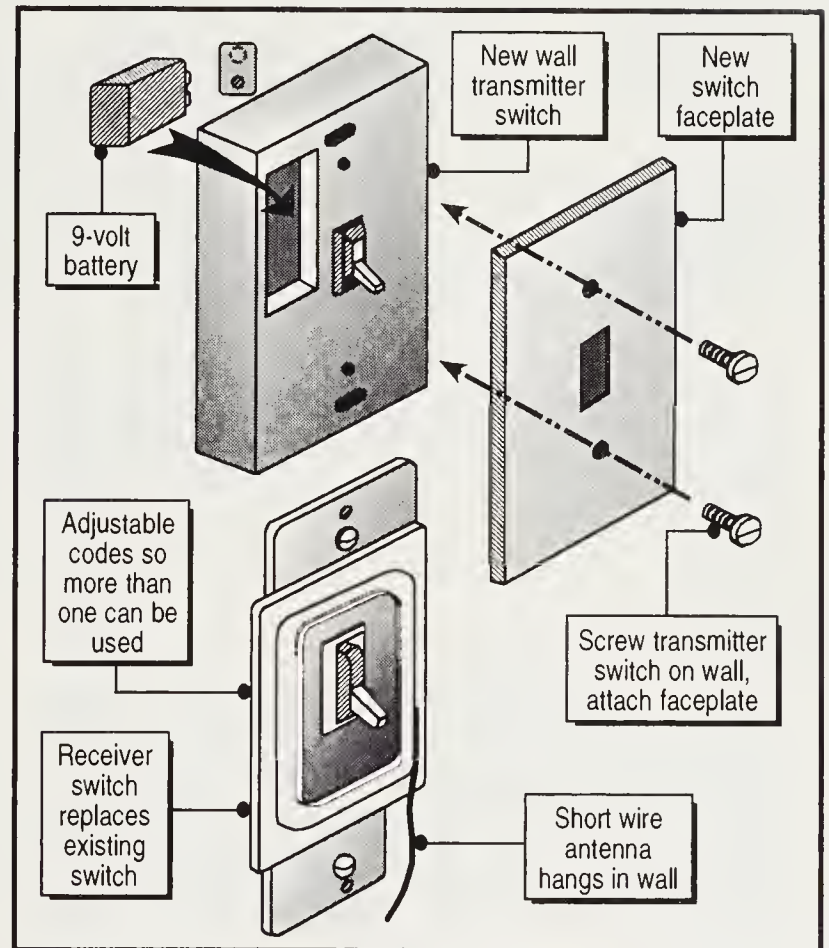
The small transmitter switch is powered by a 9-volt battery. It is screwed to the wall surface (no cutting) and looks like any ordinary wall switch. When you flip the switch, it sends a signal to the receiver switch. Switching either switch turns the hall or basement light on or off.

The existing hall switch is replaced by the receiver switch. It is powered by standard 120-volt house power and is wired exactly the same as the old switch. A short antenna wire hangs down and is hidden inside the wall.

Wireless lamp wall outlets are also available. A battery-operated wall switch sends a signal to a wall outlet. These are ideal for adding a switch near your favorite TV chair, near your bed, etc. The new switch can be located up to 50 feet from the wall outlet.

If you have a dark closet, garage or utility room, and have to fumble in the dark for a light switch or pull string, add a battery-operated wireless in-line switch at the door. It can control a light fixture mounted anywhere in the closet or the room. It can also control a vent fan.

The same type of simple



Anyone can install a wireless three-way switch in minutes

wireless technology can be used to install a backdoor or gate doorbell. Both the outdoor button and indoor chime (eight notes or musical tunes) are powered by long-lasting batteries. Plug-in (120-volt) chimes with a wireless outdoor switch have adjustable volume.

For more safety and security, install a do-it-yourself wireless doorbell/intercom kit. A microphone/speaker is built into the battery-operated outdoor unit so you can talk to visitors before opening the door.

Installing standard hard wired TWS's is not difficult. Two single-pole/double-throw (SPDT) switches and three-wire cables are needed. Make sure the switches have adequate amperage ratings for

the lighting load planned. Switch off circuit breakers first. NEVER work on a live circuit.

Write for Utility Bills Update No. 654 listing the manufacturers of wireless three-way switches, wall outlets, in-line switches and doorbell/intercom systems, specifications, installation instructions and a hard wiring diagram for a TWS. Please include \$2.00 and a business-size SASE. Send it to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244

*Copyright ©1996 by James Dulley, an energy expert and syndicated columnist in Cincinnati.*



Joyner's  
Corner

by Charles Joyner

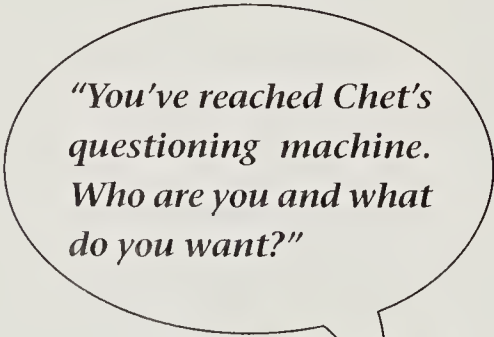


Word games.

Good questions

I have a friend who has put a message on his telephone answering machine that is brief and to the point. I wish I had the nerve to use it myself.

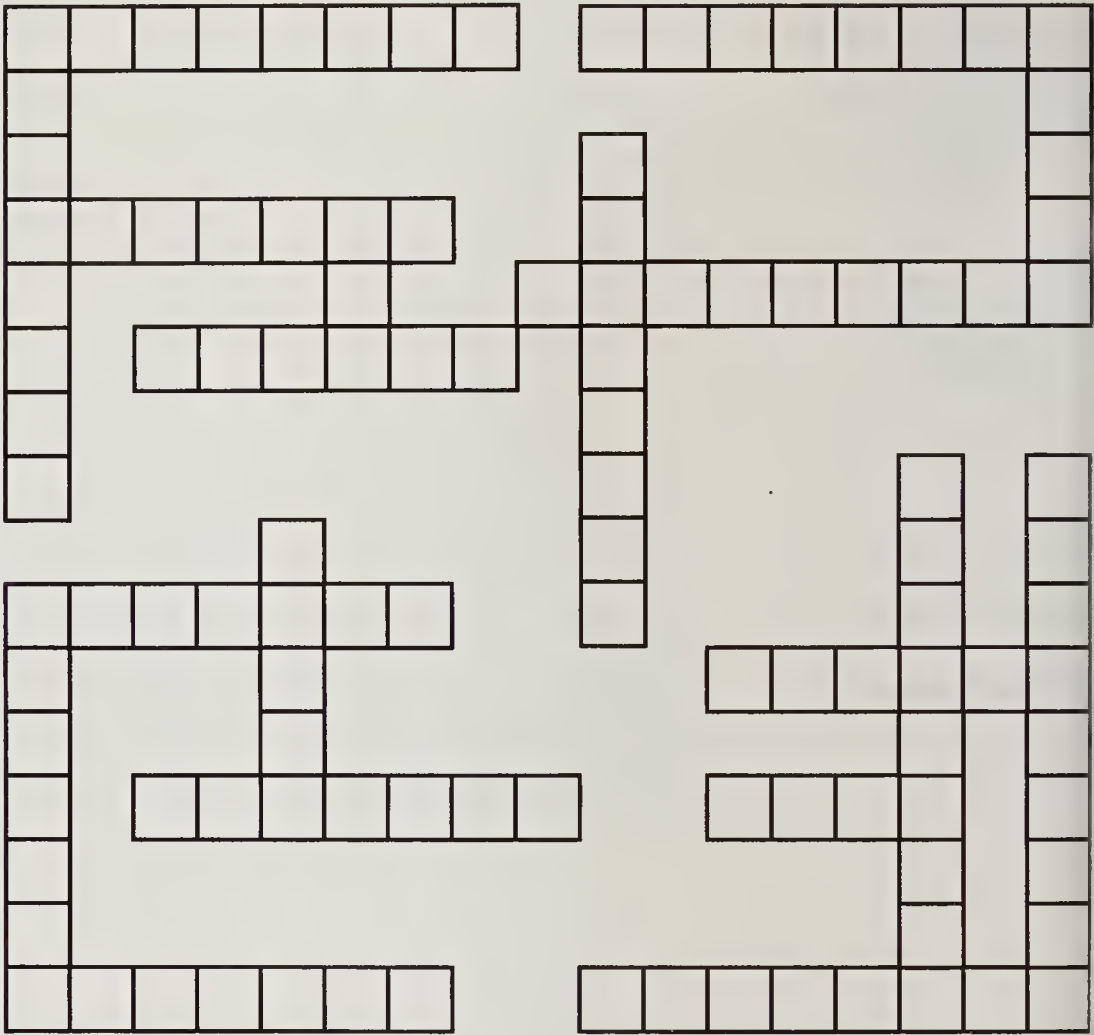
His message:



19 County Crisscross

All of the North Carolina counties listed have double letters in their names. Can you put the names in the grid below?

<u>3 letters</u>	<u>5 letters</u>	<u>7 letters</u>	<u>8 letters</u>	<u>9 letters</u>
Lee	Moore	Caswell	Cabarrus	Alleghany
	Surry	Harnett	Caldwell	Currituck
<u>4 letters</u>		Haywood	Cherokee	Granville
Pitt	<u>6 letters</u>	Iredell	McDowell	
	Greene	Tyrrell	Mitchell	
	Warren			



Pair Shares

Your assignment, if you care to accept it, is to use five pairs of letters to create a ten-letter word which describes a couple sharing a sauna.

A A E E M M S S T T

Answers on page 30



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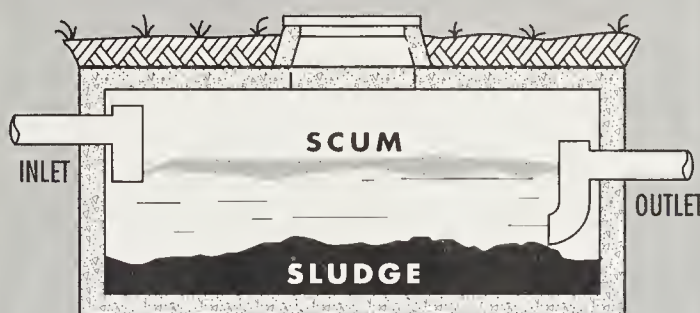
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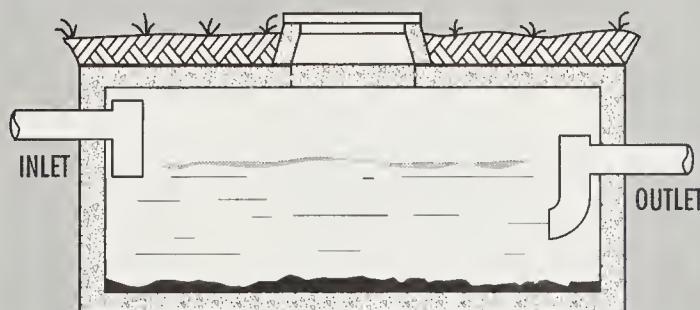
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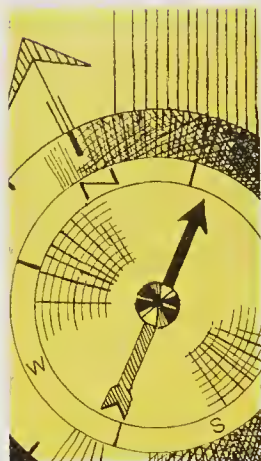
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# Here, There and Everywhere



June 1 – July 7.

## Southeast Old Threshers Reunion

July 3-7, Denton

Wheat threshing, train rides, antique farm machinery demonstrations, horse and tractor pulls, and country, bluegrass and gospel music. At Denton Farm Park. (704) 869-2755.

## Christmas in July

July 5-7, West Jefferson

In its 10th year, the third largest festival in North Carolina celebrates Ashe County's Christmas tree industry. Featuring Captain Cook and the Coconutz, bluegrass band Ricochet, and Ashe County native Randy Gambill. Children's activities, over 200 craft and food vendors. (910) 246-5855.

### Deadlines

Deadlines for submitting notices.

September issue .... July 25

October issue ..... August 25

November issue ..... September 25

We welcome photos and illustrations of coming events. Send notices to Calendar, Carolino Country, P.O. Box 27306, Raleigh, N.C. 27611.

## Boating Safety Course

July 8-12, Beaufort

North Carolina Wildlife Resources Commission Boating Safety Course for boaters age 18 and up. Register through the N.C. Maritime Museum. (919) 728-7317.

## Grandfather Mountain Games

July 11-14, Linville

Highland games celebrate Scottish dance, music and athletics. (704) 753-1333.

## Festival on the Square

July 12-14, Hayesville

Street dance Friday night. Arts and craft show Saturday 9 a.m. to 5 p.m. and Sunday 12:30 to 5 p.m. on the square. (704) 389-6814.

## Cat Show

July 13-14, Greensboro

"Cats in Heat," by the Central Carolina Cat Fanciers. 10 a.m. to 5 p.m. Mystery author Lilian Jackson Braun will autograph copies of "The Cat Who Said Cheese" from 1 to 3 p.m. on Saturday. \$4 adults, \$2 seniors and children under 12. (910) 282-3089.

## Spice Up the Night

July 19, Salisbury

New Orleans-style atmosphere downtown, co-sponsored by O'Doul's Non-Alcoholic Beer. Cajun and zydeco music, refreshments, business promotions. (704) 637-7814.

## Fiddler's Convention

July 19-20, north of Sparta

Bluegrass, old-time band and individual competitions. Competition 7 p.m. Friday and 1 p.m. Saturday. Bluegrass and old-time band play-offs 7 p.m. Saturday. At the Alleghany Fairgrounds. For contest information: (910) 372-2033. For accommodations: (800) 372-4179.

## Shakespeare in the Park

July 19-20, 25-27, Aug. 1-3, Raleigh

"Henry V." Call Theatre in the Park (919) 831-6058.

## Lakefest

July 19-21, Clarksville, Va.

The Buggs Island Lake festival features a pig picking, crafts sale, fish fry, a balloonist, helicopter rides, fireworks and a beach music concert. (804) 575-7137.

## Fine Art Festival

July 19-21, Banner Elk

Call the Banner Elk Chamber of Commerce, (800) 972-2183.

## Shackleford Banks Trip

July 25, Beaufort

Boat excursion to Shackleford Banks, Cape Lookout National Seashore. Barrier island ecology and beachcombing. Good physical condition required for 2-3 miles of walking. \$15. Reservations: (919) 728-7317.

## Tour of Homes

July 26, Blowing Rock

Ticket includes transportation, tour from 10 a.m. to 4 p.m. and hand-work show. Box lunches available. Call (704) 295-7760 or (704) 295-7936.

## High Country Crank-Up

July 26-28, Boone

Antique engines, steam engines, tractors, model engines, corn meal grinding, log saws, a flea market and homemade ice cream. Free camping for exhibitors. Admission is \$3, children 12 and under admitted free. Call Mack Hodges, (704) 264-2196.

## Historic Site Dedication

Fort Fisher, July 27

Ceremony at 1 a.m. to dedicate new revetment that protects historic Civil War site. Speeches, refreshments. Site is now open to the public. (910) 458-5538.

## Watermelon Festival

July 31- Aug. 3, Murfreesboro

Craft show, helicopter rides, NC's largest agricultural parade, street dance, amusement rides, free watermelon slices and a large variety of food. Free. (919) 398-5922.

## Wagon Train

Aug 1-3, Robbins

Part of 41st annual Farmer's Day and Wagon Train Festival & Horse Parade. Street dance on Friday, 6 p.m. to 1 a.m. Rodeo, music, crafts, mule jump, blacksmithing and more on Saturday, 8 a.m. to midnight. Parade on Sunday, 11 a.m. (910) 948-3746 or (910) 948-2611.

## Fine Arts Festival

Aug. 2, Southern Pines

Exhibit opening at Campbell House Feature Galleries. (910) 692-4356.

## Arts and Crafts at the Gap

Aug. 2-4, Highlands

Juried arts and craft show at the Sassafras Gap Campground, Hwy. 28 S. Live entertainment and food. \$1 for 3-day pass, children 12 and under free. Call (704) 526-3181.

## Open Golf Tournament

Aug. 2-4, Sunset Beach

7th annual Shriners golf tournament to benefit crippled children \$100 per player. At Sea Trail Resort. Call Charles Clark, (910) 579-5441.

## Country Western Family Weekend

Aug. 2-4, Pinehurst

At Pinehurst Resort and Country Club, (910) 295-8415.

## Fiddler's Convention

Aug. 3, West Jefferson

Ashe County Park at 6 p.m. (910) 246-9950

## Revolutionary War Battle

Aug. 3-4, Carthage

Re-enactment at the House in the Horseshoe. (910) 947-2051.

## Art From Surfboards

Through August 4, Beaufort

20 pieces by Craig Gurganus in "Fish Bouffant" exhibit. One to eight foot long fish made from surfboards. At the N.C. Maritime Museum. (919) 728-7317.

## Craft and Bake Day Registration

Aug. 15, Gatesville

Register for the 1996 Craft and Bake Day on Sept. 6. Craft booths \$. Contact Elizabeth Byrum (910) 465-8095 or Shirley Eure (919) 350-0858.



## ONGOING

### N.C. Wild Places

Through July, Statesville

"North Carolina WILD Places: A Closer Look" interactive exhibit celebrating the state's environmental heritage. At The Arts & Science Center. (704) 873-4734.

### "Jerry Finnegan's Sister"

July 4- July 15, Blowing Rock

Presented by the Blowing Rock Stage Company. (704) 295-9627.

### Arsenic and Old Lace"

July 18-29, Blowing Rock

Presented by the Blowing Rock Stage Company. (704) 295-9627.

### American Dance Festival

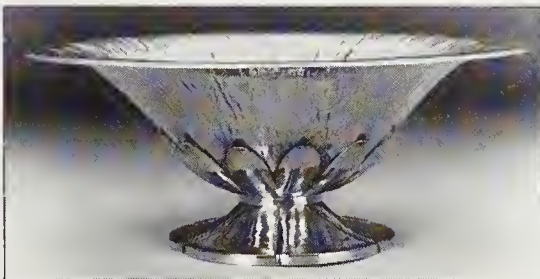
Through July 20, Durham

World's largest dance festival featuring performances by 20 dance companies including Merce Cunningham, Pilobolus Dance Theatre, David Parsons and Mark Dendy. The International Dance Film and Video Festival features jury entries and curated works from some of the master choreographers. Panel discussions, lectures and multi-media demonstrations will take place throughout the festival and are free and open to the public. For ticket information call (919) 84-4444.

### Southern Arts and Crafts 1890-1940

July 13 through Sept. 29, Charlotte

The Mint Museum's 60th anniversary exhibition features 125 art objects including pottery, textiles, furniture, wood working, glass, basketry, metalwork and paintings produced in the early 20th century by artisans throughout the Southeast. (704) 337-2009.



### Stitches to Britches

Through Sept. 8, Wilson

Imagination Station hosts "Stitches to Britches," an exhibit which reveals the science of the textile industry. \$3.50 for adults, \$3 for children. (919) 291-5113.

### Dinosaurs!

Through Sept. 8, Wilmington

Exhibit portrays dinosaur life from egg through adulthood, focusing on infancy. At the Cape Fear Museum. (910) 341-4350.

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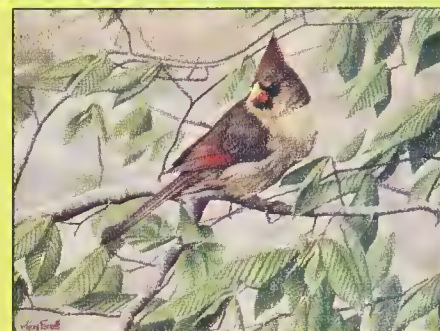
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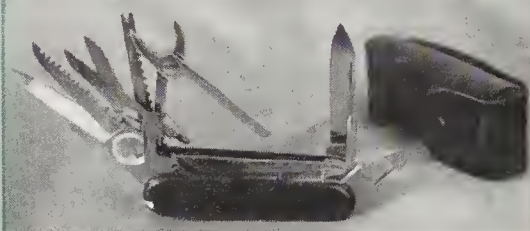
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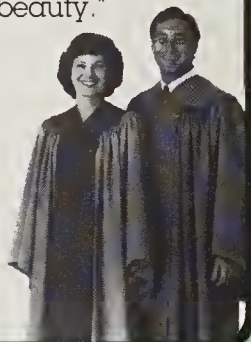
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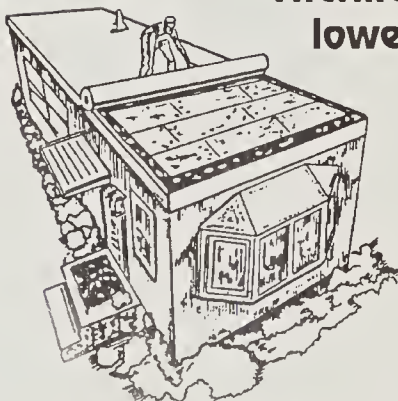
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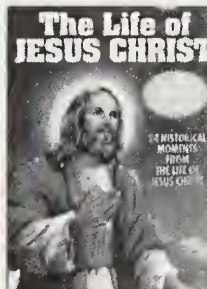
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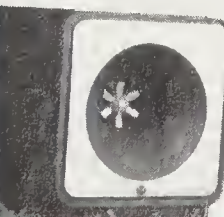

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# Hank's Gardening Guide

by Hank Smith



**Harvest vegetables regularly to keep plants in full production.**

## Bedding plants

Many of the flowering annuals used during spring and summer can be grown for color during fall months. For blooms before frost, sow seeds this month to grow petunias, marigolds, zinnias, cockscomb, periwinkle, morning glory vines, balsam and cosmos.

## Cut spent rose blooms

Roses need attention. By removing faded flowers of hybrid teas and floribundas, you will encourage formation of more blooms. Cut each stem above the first leaf which bears five leaflets. If you haven't already done so, mulch roses to keep down blooms and help retain moisture.

## Root cuttings

By this time, your delicate spring growth of shrubs has matured to a good stage for rooting cuttings or layering low-growing limbs.

July weather is ideal for the rapid development of disease and insect problems. Inspect the garden daily to detect early problems, and take proper measures to bring them under control.

## Vegetables

Harvest vegetables frequently to prolong the bearing season of tomatoes, peppers, squashes, okra, eggplant, beans and other vegetables. If seeds within such vegetables are allowed to ripen and mature, these plants will either quit bearing entirely or slow down. Continue to apply water and fertilizer as needed. Watch closely for spider mites, aphids, whiteflies and caterpillars. Control with vegetable dusts or sprays, covering both the upper and lower leaf surfaces. Repeat application according to label instructions.

Although harvest season is underway, you still can plant beans, cucumbers, corn, squash and tomatoes.

## Shade trees need water

Shade trees in declining health simply may be thirsty. The average shade tree suffers more from lack of water than anything. About 72 percent of the weight of a tree depends directly upon the availability of water. Most of the water should be placed at the outer reaches of the root system. Small root hairs which take up the soil moisture are located in this area. The amount of water to be applied varies with soil texture and air temperature. A series of moderate watering usually is more helpful than a few heavy ones. Cultivating soil also increases water availability and stimulates root development.

## Check azaleas

Dying branches may appear among healthy branches of azaleas. Check for split bark. Mild periods last winter, interrupted by sudden hard freezes, cause extensive damage in some areas. Cut dying branches back to the sound wood.

## Summer pruning

Remove sucker growth that may appear below the graft union of roses and fruit trees. When shearing hedges, remember to shape them so that when viewed from the side, the hedge is wider at the bottom than at the top. This ensures that lower branches get sufficient light to produce thick growth all the way to the ground.



## Houseplants

Feed houseplants with a liquid of soluble fertilizer about every two weeks. They're growing faster now — and need extra nourishment and water. If you have houseplants spending the summer with their pots plunged in the soil of shrubbery borders and flower beds, rotate their pots every two weeks. This breaks away roots that may have grown through the drainage holes. Destroying these roots will result in a healthier and more compact plant to return indoors in the fall.

## July shrub color

Shrubs that bloom in July are not as numerous as spring-flowering ones. Plan to plant more flowering shrubs for midsummer color. July bloomers include hypericum, buddleia (butterfly bush), althea, mallow hibiscus, vitex, crape myrtle, roses, sourwood and hydrangea.



*Hypericum*

## Summer cuttings

Cuttings of hydrangea, camellia, azalea, juniper and ligustrum can be made at this time. Use five inches of tip growth, leaving two-to-four leaves on each cutting. Treat base of stems with powder that contains root-inducing hormone. Plant cuttings in moist sand to a depth of four inches. Water them and keep them shaded until cuttings form roots.

## Work the compost pile

Keep the compost pile turned to get air into its center. According to U.S. Health Service research, one ton of decomposing compost needs 18,000 to 20,000 cubic feet of air daily. With that much ventilation, the compost will dry out rapidly, so keep it well moistened.



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**A touch of the hand or a hug may say more than ill-chosen words.**

## FYI

"The Right Words" was first published in Guideposts Magazine in May 1994. It was reprinted in "A Second Helping of Chicken Soup for the Soul," which was assembled by motivational speakers Jack Canfield and Mark Victor Hansen after their first volume, "Chicken Soup for the Soul," became a national best seller. Both books are billed as collections of stories "to open the heart and rekindle the spirit." The books are available from most bookstores or by calling 800-441-5569.

"The Harbor," by Robert J. Hastings, is from his softcover book, "The Station and Other Gems of Joy." The author, whose forebears settled in North Carolina in the late 1700s and are buried in New Hope Cemetery near Chapel Hill, has written a number of other essays and books.

For more information about them and how to order copies, write to him at 98 Laconwood, Springfield, IL 62707.

## Postscripts: More words of comfort for those in mourning

Here are a couple of postscripts to the earlier columns (October 1995 and February 1996) about my continuing struggle to find appropriate words to comfort those in mourning:

■ A minister, who must find such words routinely in his work, saw this problem from a fresh perspective when he had to cope with death of his brother. He described the experience in a brief story that appears in the book, "A Second Helping of Chicken Soup for the Soul." One of my cousins — Jackie Mizelle Lilley of Jamesville — kindly sent me a copy of the book after reading about my struggle, saying I must read this particular essay. (See the FYI box for more details about these books.) Robert J. McMullen Jr. wrote the piece, which was originally published by Guideposts Magazine.

### The Right Words

After my brother's massive heart attack he lay in a coma in the hospital's coronary intensive care unit. Tubes and wires hooked him up to machines that kept him alive. A scope showed the wiggly lines of a faltering heartbeat. The only sound in the room was the rhythmical whoosh of the pump forcing air into his lungs. My sister-in-law stood by, helpless.

As a minister I had often been with families in similar situations. I had searched for the right words, the perfect scriptural passage, a phrase of hope, trying to comfort them. But this was a new experience.

During these difficult days, my sister-in-law and I were torn between hope and resignation. We appreciated every visitor. We were grateful for their stories of people who had snapped out of comas and returned to normal. We listened when they talked knowledgeably about the stages of grief. We knew they cared. But many visitors came through the door talking, and kept talking. Was that how I had dealt with my nervousness when I didn't know what to say?

Then a casual friend came to visit. He stood with us around the bed, looking at my brother's body. There was a long silence. Suddenly overcome with emotion, he said, "I'm sorry." There was another long pause. Finally, he hugged my sister-in-law and then turned to shake my hand. He held it a second longer than necessary and squeezed a little harder than usual. As he looked at me, tears came to his eyes. And then he left. One week later, my brother died.

Years have passed and I still remember that visitor. I do not recall his name, but I'll never forget how he shared our grief, quietly and sincerely and without awkwardness. His few words spoke volumes.

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■ Mrs. William L. Clark Jr. of Scotland Neck sent me an essay she often shares with family and friends who've lost a loved one. It was written by Robert J. Hastings, an Illinois writer and minister. It is reprinted here with the permission of the author. (See the FYI box for more information about Hastings and his books.)

This essay originally appeared in one of the author's books, following this scripture passage "To every thing there is a season, and a time to every purpose under the heaven: A time to be born and a time to die." (Ecclesiastes 3: 1-2).

### The Harbor

No one lives long until, reluctantly, he walks down to the harbor to watch a ship sail off into the night. I say night, for it is the night of his soul as he watches until the departing ship is only a tiny speck — then gone completely. On board is someone near and dear, about to cross the line we call death.

It may be an infant son, a teenage daughter, a noble husband, a precious wife, a dear grandparent, a Mom or Dad. Or a sister, brother, choice friend, longtime neighbor, childhood playmate.

For each of us, at some time, the ship sets sail and it is night. . . .

At first we say it isn't true, can't be, mustn't be. A bad dream that tells us life is no longer worth living, the void too vast and deep. So we grieve and wait, hope and wait. And day after day we return to the harbor to peer through the mists, fooling ourselves into believing the ship may return.

But it won't. Once the ship of death sets sail it will never, never, never — in this life — come back.

However, this is a busy harbor and other ships continue to arrive daily. On board are persons who, in some measure, can fill our painful loneliness. They come to us by way of births and adoptions, marriages and new friends, children who grow up and youth who mature.

Yet this is a strange harbor, for as long as we insist on watching for ships that sailed yesterday, we are mysteriously blinded to the incoming ships of today. Only as we major on what's left — rather than what's lost — can we hear the bells and horns of incoming ships and see, pressed against the handrails, the open faces of those about to enter our lives.

What we see in those faces is the difference in day and night, the difference in what was and what is. Thus, confident they can fill our harbor with more good years, we welcome them with open arms. Like the Chinese proverb, "If I keep a green bough in my heart, a singing bird will come."

So, reach out and hug someone. The harbor is open. The ships have come!

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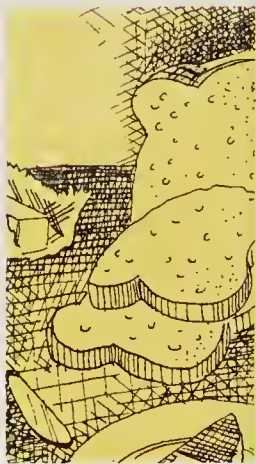
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### Want to share recipes?

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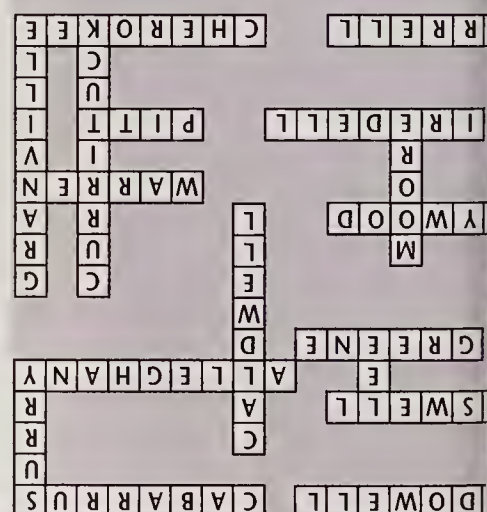
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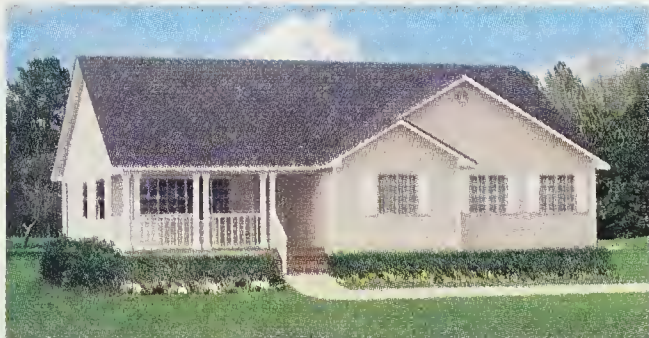
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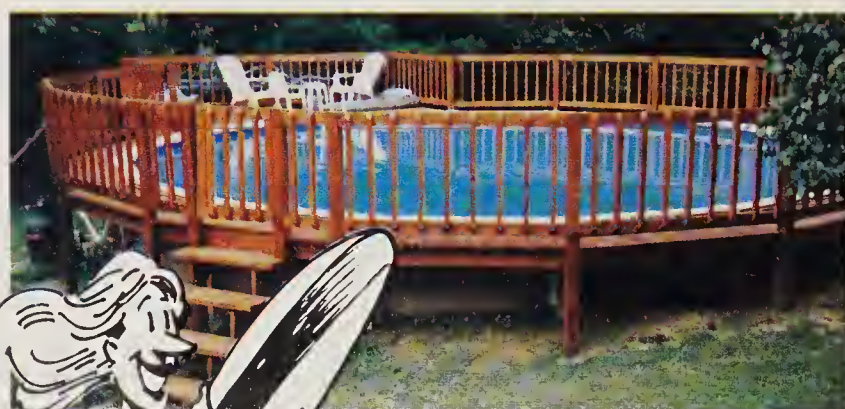
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